



Manitowoc County Health Department

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Make Sure Your Family Is Protected: Get Vaccinated Against Measles

Manitowoc County, WI – The Manitowoc County Health Department urges families to ensure that everyone in their household is up to date on their measles, mumps, and rubella (MMR) vaccinations—especially before traveling.

“Diseases like measles are easily spread when an infected person travels from one area to another. It's crucial that families—especially those with young children—are fully vaccinated,” said Public Health Nurse Manager, Heather Feest.

Why it Matters

Measles is one of the most contagious diseases in the world. It spreads through coughing and sneezing, and the virus can remain in the air for up to two hours after an infected person leaves a room. Just being in the same space can be enough to catch it.

Know the Symptoms

Measles usually begins with a fever, cough, runny nose, and watery eyes. A rash typically appears a few days later, starting on the head and spreading to the rest of the body. Complications from measles can be serious, including ear infections, pneumonia, and encephalitis (inflammation of the brain)

Vaccination is the Best Protection

The measles vaccination is part of the MMR combination vaccine. The MMR vaccine is highly effective and safe. It's usually given in two doses:

- **First dose:** at 12–15 months old
- **Second dose:** at 4–6 years old (before kindergarten)

If you're planning a trip, make sure everyone is fully vaccinated at least two weeks before departure to ensure full protection

Check your Immunization Records

Make sure your family's immunizations are up to date by: Visiting the [Wisconsin Immunization Registry](#) or contacting your healthcare provider

“The MMR vaccine doesn't just protect individuals—it helps protect the whole community,” said Korina Aghmar, Health Officer at the Manitowoc County Health Department. “People who can't be vaccinated, like infants or those with weakened immune systems, rely on the rest of us to help keep them safe.”



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Free Vaccines Available

The Manitowoc County Health Department offers free MMR vaccines to eligible individuals through the Vaccines for Children (VFC) and Vaccines for Adults (VFA) programs. Weekly clinics are available **by appointment only**.

To schedule an appointment, call the Health Department at **920-683-4155**.